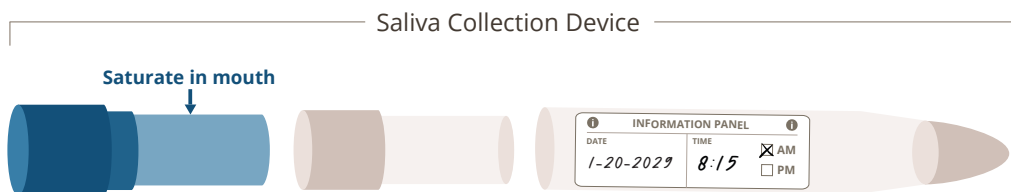


DUTCH CAR INSTRUCTIONS

How to Collect



- 1 Fill out information on saliva collection devices
- 2 Remove cap. Tip tube to place swab in mouth. Lightly chew (helps saliva flow) and saturate swab 2-3 min.
- 3 Return swab to tube. Do not touch with hands.
- 4 **Freeze all saliva samples** until ready to ship

WHEN TO COLLECT

Both Males & Females

Collect any day while following your typical routine and most common sleep and wake cycle.



Rules for Collection Day

Do not drink alcohol 24h before or on collection day
Do not drink more than 8oz of caffeine on collection day
Do not brush or floss teeth until after saliva samples in the morning or at bedtime

Collection Day



DUTCH CAR GUIDELINES

Taking Hormones?

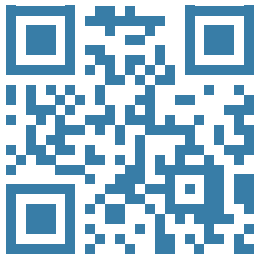
AVOID USING ON DAY OF COLLECTION

Hydrocortisone (cortisol) cream

CONSULT YOUR PROVIDER if taking

Glucocorticoids*

(*Dexamethazone, etc., hydrocortisone)



FAQs

dutchtest.com/instructions

Questions? info@dutchtest.com | 503.687.2050



dutch
CAR

INSTRUCTIONS

Visit dutchtest.com/instructions for video instructions

How to Return

Step 1: Make sure each sample is clearly labeled

Step 2: Add saliva samples back into the bag

Step 3: Include the accurately completed requisition form

Step 4: Place the completed samples inside the return mailer

Step 5: Affix the prepaid label or postage, if applicable

Step 6: Return to carrier